



Swim, Run, Play at the WARF!
February 2015

member**FOCUS**

A newsletter published monthly by the Town of Warrenton Parks & Recreation
Department and the Warrenton Aquatic and Recreation Facility



Saturday, March 21, 2015
10:00 am - 2:00 pm

FREE:

**Swim Lesson Assessments
for Kids**

Raffles and Prizes

Children's Activities

Lifeguard Demos

**Fitness Assessments
(10:00a - 2:00p)**

**Strength Consultations
(11:00a - 1:00p)**

**Zumba Party
(11:30a - 1:00p)**

**Swim Time 12noon - 2:00p
in the Leisure Pool**

STAY TUNED FOR MORE DETAILS!

Online Registration...



... Coming Soon!

The moment we have all been waiting for will soon be upon us. Our new, online registration portal will be up and running soon. By this Summer you will be able to register for swim lessons from the comfort of your home! Keep an eye out for a launch date as we move to make registering for classes even easier.



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The WARF is Pleased to Welcome
Our Newest Sponsors
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Swim Club

WARF Swim Club is for youth who have passed level 5 of swim lessons or equivalent. The WARF Swim Club incorporates instruction on proper stroke technique, while improving endurance and fitness levels in a non-competitive swimming environment.

Registration Opens: February 6, 2015



February Membership Special

Save \$60

Purchase an
Annual Membership on a
monthly billing schedule by February 28 and
 your set up processing fee of
\$60 will be waived!



Better Together

By Donna Comer, WARF Fitness Coordinator

This month Valentine's Day is the inspiration for the WARF's Member Highlight. Many love stories start in "the gym." Mine did.

I met my husband

at "the gym" 15 years ago.

Please note, however, I said I met him at the gym. I did not say I worked out with him!

In fact, my husband, a part time personal trainer, refuses to work out with me! In the time we have known each other he has worked out with me once and has participated in just one of my group fitness classes. Our styles and goals are way too different. Additionally, he prefers to say nothing in an hour long workout; and me, well, if you have taken any of my classes, you know I like to share a thought or two.

There are several couples who come to the WARF together and we were curious about them. Do they come because it is convenient? Because they motivate each other? Is it a shared interest? So, we just asked! We picked the brains, or

rather, the hearts, of a few of the WARF's couples to see what it is that keeps them coming back in – TOGETHER!



Two of the four couples we polled joined the WARF together. In both cases exercising and staying fit is a shared interest. Both of these couples do a fair amount together at the WARF, be it participating in classes or walking the trails. In the cases of the other two couples, one person

first joined the WARF and encouraged the other to join later. Both of these couples seem to do a little bit together and a little bit separately.

All of our couples say they motivate each other. The motivation; however, manifests itself in different ways. Sometimes one of the two might not feel like leaving the house and the other will offer up some words of encouragement. In another case, the wife confesses to not wanting to be outdone by her husband! Loving support or friendly competition –

whatever works!

Time is valuable and three of the four couples mentioned how busy their lives have become. The WARF offers something for everyone notes one couple – the wife enjoying the pool and the husband enjoying our fitness room. They are able to make one trip in together but each get the exercise of their choice. "With both of us working full time jobs and helping care for our little grandson, time at the WARF has become 'our time' together," says another couple.



The WARF celebrates these couples and others like them making time for each other. By doing so, they are taking care of their hearts – emotionally and physically! Many studies show those people who work out with a friend stick

to their routines better than those who work out alone. Take a cue from the WARF couples you might notice from time to time and invite your loved ones to come join you!

Happy Valentine's Day!



New Cardio Equipment!!!

Thank you to all of our members for your patience while we are in this process of replacing some of our older machines!

WARF Membership *Sweetheart Deal!*

Receive two months of membership at The WARF for only \$79 regardless of age or residency.

Two Months \$79

Offer valid February 1 - 28, 2015 only. Offer may not be combined with any other offer or promotion.



Meet Our Aquatics Coordinator: *Denise Robey*

Following in the footsteps of her two older siblings, WARF AQUATICS Coordinator Denise Robey began swimming at a very early age. While living in England, she and her siblings had the unique opportunity of swimming for a year-round local British swim team, and Denise fell in love with swimming. After moving to Fauquier County in 1979, the family joined the local Chestnut Fork's summer swim team. Denise broke many of the league's summer records and received the "Coach's Award" for the best all-around swimmer. As a young girl, she remembered being jealous of the fastest summer league swimmer because his parents drove him into Fairfax in the mornings to swim on a year-round team. She was in awe. She wanted to do that, but was told by her father, the distance was simply too far.

Her love of swimming naturally led into a summer lifeguarding job and teaching swim lessons. At age 16, she became an American Red Cross Water Safety Instructor. After earning her Associates Degree, Denise married her high school sweetheart, Mitch. She continued on to earn her Bachelor's degree and paid her way through college teaching swim lessons and supervising

at the University's Physical Education Facility. Later she earned her Master's degree in Education. Mitch and Denise have six children and all were, or currently are, USA swimmers. Five a.m. practices at the WARF are now part of her family's life. Her son, Hugh, holds many 13-14 age group AAA times. Her youngest daughter Isabel's dream is to one day be as fast as her brother, Hugh.

Today, when she is not on the deck coaching for her kids' USA swim team, Denise works with WARF staff in building a vibrant, strong swim lesson program. She teaches others how to become water safety instructors and lifeguards. She specializes in private swim lessons taking on the older population and any requests that fall into some unique category as she believes everyone should experience the "freedom of swimming." When asked what are the benefits of swimming, Denise just chuckled and replied that she did not have time to write a book, just yet. If you have any questions about private or group swim lessons or would like to become a water safety instructor or lifeguard, Denise is your go to person and can be reached best by email at:

drobey@warrentonva.gov

High Intensity Interval Training

TRY THE ALL NEW

HIIT

Monday 7:30p - 8:20p
Wednesday 8:30a - 9:20
Thursday 5:30a - 6:20a

This total body, heart pumping interval based workout combines body weight exercises with high intensity cardio blasts and is designed to tone your body, improve your endurance and test your limits. You will work at max effort for the duration of class with the assurance that you'll be pushed 100% in efforts of reaching your fitness goals. Participants should bring a towel, water and energy!



800 Waterloo Road, Warrenton, Virginia 20186
540.349.2520 | www.warrentonva.gov